The Self Is The Problem

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Chapter 1: The Self Is The Problem

In the world today, there is a very massive problem that people are facing at the moment, which is really not shown or talked about in society. The problem which is a hidden truth is “The Self.” People worldwide are struggling to deal with themselves and their problems. People worldwide are so selfish, and all they do is think about themselves. Selfishness is causing lots of problems in the world and society. Still, people don’t realize that their selfish actions and selfish ambitions turn the world into a negative place for everyone.

The Self is what is causing people real problems and challenges, and in this book, I will explain why the Self is the problem.

The reason why the Self is the problem is that people are selfish, and with selfishness, there is no selflessness to help other people and make a difference in people’s lives.

The Self is what is causing people to live with their problems, and it is also what is causing people not to help other people or give back.

Most people today are consumed with themselves in all parts of their lives, which means they become self-centred and, of course, selfish. If people are very consumed with themselves, they will have no desire or

passion for helping others because they are only thinking about themselves.

Right now, people don't even realise they are selfish and self-centred in their life because it has not become aware to them.

Selfish People are like – I GOT TO GO TO WORK TODAY, I NEED TO TAKE CARE OF THE CHILDREN, I GOT TO BUY A CAR, I NEED TO GO TO SLEEP, I NEED TO GO TO THE SHOP, I GOT THINGS I NEED TO BUY, I AM STRUGGLING WITH MY PROBLEMS, THIS ARE MY SITUATIONS, I NEED TO MAKE LOTS OF MONEY.

The word that I am using here is "I."

Selfish people are all consumed with themselves. I, I, I or Me, Me, Me!

The selfish nature and behaviour are destroying lives and ruining society and culture all around the world.

When you are consumed with yourself, all you care about is what is best for you and what you do. That is why people are not helping others because of their selfish nature.

So if "The Self" is the problem in people's lives, how do you overcome the Self? There is a simple answer to this ongoing problem in the world today. You help other people, give back, make a difference, and you stop thinking about yourself all the time. So the way to solve this problem of the Self is to become selfless and help other people in whatever they are going through.

Helping other people is not a job. It is a vocation and career path to choose in your life.

Selflessness is the key to solving the problem of "The Self."

Without selflessness, your life will become completely and ultimately about yourself. Unfortunately, that is happening to people now without realizing what they are doing.

People are consumed with themselves and do not think about other people.

Selfishness is a life of "I."

Selflessness is a life of "We."

If you want to help yourself with the problems you face in life, dear reader, do work that assists other people and think about others all the time in your life.

Helping other people is about the impact, difference, and contribution you make to people's lives.

(THE ONLY WAY TO HEAL YOURSELF FROM YOURSELF IS TO HELP OTHER PEOPLE AND BECOME COMPLETELY SELFLESS.)

Chapter 2: Overcoming Your Problems, Adversities, Challenges, & Difficulties

Overcoming your problems, adversities, challenges, and difficulties is not easy, but there is a way to overcome them.

To overcome your problems, you have to stop focusing on yourself and everything you experience and find coping strategies to deal with your pain and hurts. If you don't find a way to stop focusing on yourself, you will become completely consumed by every problem you have faced in your life, and it will destroy you.

People who have had negative experiences and problems keep thinking about all the problems they have faced, which is completely understandable. They become very mentally depressed and suicidal because they are consumed with their negative thoughts, which make them think about themselves all the time. And this will cause more serious problems for their lives. People who cannot deal with their problems think about themselves because they have no coping strategies or meaning and value in their lives.

IT IS THE SELF CAUSING ALL YOUR PROBLEMS IN LIFE BECAUSE ALL YOU DO IS CONSISTENTLY THINK ABOUT THE PROBLEMS INSTEAD OF FINDING WAYS TO DEAL WITH THEM.

Looking out and finding coping strategies will solve any problems you are facing. Also, if you can help other people and give back, you will realize that your problems are not hard and challenging, but some people have gone through the worst experiences.

When you stop thinking about yourself, you will find solutions to your problems.

How to Deal With Your Problems, Adversities, Challenges, & Difficulties

1. ***Stop focusing on yourself and your problems***
2. ***Find coping strategies that help you***
3. ***Help other people with their problems***

If you do these three things, you will heal and recover from your problems and yourself.

Chapter 3: Helping Other People

Helping other people and giving back is the most motivational and inspirational thing to do in life. Helping other people is about contributing and making a difference to others. **Helping other people is not a job; it is a vocation and career path to choose.**

Helping other people is important to the people who help others and make a difference and contribution to people's lives. Helping other people is not about the money you earn from your work. It is about the contributions to others.

People everywhere are not serving other people or making a certain difference in others because today, it is normal to think about yourself and not others.

THAT IS PEOPLE BEHAVIOUR – I NEED THE MONEY, I NEED FRIENDS, I NEED A FAMILY, I NEED HOUSES, I NEED CARS, I NEED CLOTHES, I NEED THIS, I NEED THAT.

Some people today are selfish and self-centred, and all they do is think about themselves.

Just like the title of this book – **The Self is the Problem.**

“The Self” causes people personal and financial problems, and it is “The Self” that is ruining people’s fulfilment and joy in their lives.

The most important thing to realize in helping other people and giving back is not thinking about yourself when helping other people and making a difference in people’s lives.

Selfish people don’t help other people.

Selfless people do help other people.

Helping other people makes you selfless and humble through the work you do for others and your contributions to people’s lives.

Becoming selfless is the way you help many people in life.

Selflessness is the key to helping other people and making a difference.

Until more people become selfless and help other people, people who need help and support will not be helped. That means for people who are vulnerable, depressed, and unhappy, their lives may never change.

There is only one reason to help other people and make a difference in people’s lives. And that reason is to “**Just Help Other People**.”

Dear reader, please be motivated and driven to help others and give back because many people need your help and support.

HELPING OTHER PEOPLE IS HONOURABLE.

Once you focus your life on helping other people and giving back, rewards, success, prosperity, and riches will come into your life.

THE MORE PEOPLE YOU HELP – THE MORE REWARDS YOU WILL RECEIVE

You don't help other people to gain rewards, but it simply comes with the work you do for others, and you will never have to worry about any money in your life when you're helping other people and giving back.

THROUGH GIVING, HELPING, SERVING, YOU WILL FIND MEANING AND VALUE.

Helping other people and giving back will bring you meaning and value.

Once you find the meaning and value in helping other people, you will also find fulfilment.

Fulfilment is the spiritual joy you get from helping other people.

So for fulfilment, joy, happiness, meaning, and value – you help other people and make a difference.

Once you have been helping other people for many years, you will slowly get to the point in your life when you're "Selflessly Helping Other People."

SELFLESSLY HELPING OTHER PEOPLE IS THE HIGHEST HONOUR!

Chapter 4: Helping Other People Help Yourself

In the work of helping other people and giving back, an extraordinary thing happens when you start helping other people and making a difference in people's lives.

Helping Other People Also Help Yourself

This simple realization can be the difference between helping one person and helping millions of people. Helping other people also helps you. It is crucial to make a difference in others because they need help and support. Once you start helping other people and making a difference, your problems will slowly fade away. You will not spend time focusing on yourself and your problems. That is hard for people to realize because they will ask how helping other people heal me from my pain and suffering in my life? **The truth is that it does**. Sometimes, it takes a long time to realize how making a difference in others helps them.

I AM NOT SAYING YOU WILL NOT GO THROUGH ANY **PROBLEMS** OR THINGS THAT YOU HAVE EXPERIENCED IN YOUR LIFE WOULD NOT UPSET YOU OR MAKE YOU FEEL **VULNERABLE** IN YOUR LIFE.

The truth is that you have got to think outside of yourself to make a difference in others and contribute to people.

TO SOLVE THE PROBLEM OF “THE SELF,” “YOUR PROBLEMS,” “YOUR SELFISH AMBITIONS,” and “YOUR LIFE” is when you help other people with their problems.

When you help other people with their problems, you find your own meaning, value, fulfilment, and healing.

There is something **therapeutic** about helping other people and making a difference in people’s lives. The only way you will find it is when you help others.

“The Self” becomes less and less important when you have been helping other people and giving back to many human beings.

THE REASON WHY THE WORLD IS THE WAY IT IS TODAY IS BECAUSE OF THE SELF

SELFISH PEOPLE DON’T HELP OTHER PEOPLE

SELFLESS PEOPLE DO HELP OTHER PEOPLE

As I am writing it in this book today, please learn the writing, and don’t focus your whole life on yourself. That will be the biggest problem in your life, and by doing that, you will not help other people.

Helping Other People is the Way You Heal from Your Problems

I hope this book has served you, and of course, I believe you will help other people, give back and make a real difference in

people's lives. Just remember – Focus on the contributions and differences you make to others. **"That Heals The Self."**

A simple scripture in the Bible explains everything written in this book. Please remember this scripture when you start helping other people, giving back, and making a difference.

Philippians 2:4

"Let each of you look not only to his own interests, but also to the interests of others."

Helping other people and giving back is always about looking to the interest of others before yourself. That is the way to heal from yourself and also help other people.

Helping other people helps you heal yourself and make you selfless and humble.

Thank you for reading this book, and I hope it helped you.

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- It Is Not The Problems That Make You Who You Are, It Is The Person You Become That Make You Who You Are
- The Evangelism Ministry

- Learning Is A Part Of Living

The Self Is The Problem

Helping Other People & Giving Back

Helping Other People Is The Way You Heal From Yourself

Helping Other People Helps You

Selflessness

Selflessly Helping Other People

Become Selfless & Humble To Help Millions Of People